

PLANNING BIVOUAC 2019/2020

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					ATELIERS AUX CHANTIERS (infos face book)	
			9h-10h PILATES Laura		9h30-11h YOGA HATHA FLOW Elise (Sup de Yoga)	
9h30-10h30 YOGA KUNDALINI Stella		9h30-10h30* PLEINE CONSCIENCE Caroline				
	10h15-11h15 YOGA HATHA Anna				11h25-12h15 YOGA NAMASKATE Lauren	
12h30-13h30 YOGA VINYASA Laura	12h30-13h30 PILATES Laura	12h30-13h30 YOGA HATHA Anna	12h30-13h30 PILATES Laura	12h30-13h30 YOGA KUNDALINI Stella		
18h30-19h30 WINGTSUN David	18h30-19h30 YOGA VINYASA Anna	18h30-19h30 WINGTSUN David	18h45-19h45 YOGA VINYASA Aurel	18h30-19h30 YOGA Aude		